

**ABSTRACT**

A method and structure is disclosed for oriented strand boards that utilize a 3-layer, sandwich-type structural panel. The two outer faces are preferably made of wood flakes and the inner core preferably is made out of compression resistant products such as wood chips, paper mill sludge or recycled paper. The core is either a continuous perforated mat or a plurality of individual chunks of compression resistant materials, and preferably contains voids to provide for a reduction in weight of the board.